

I offered to supply his corn and wheat free.

"No, thank you," said he, "my wife wouldn't stand for it. If we ate as you do, all the neighbors would make remarks."

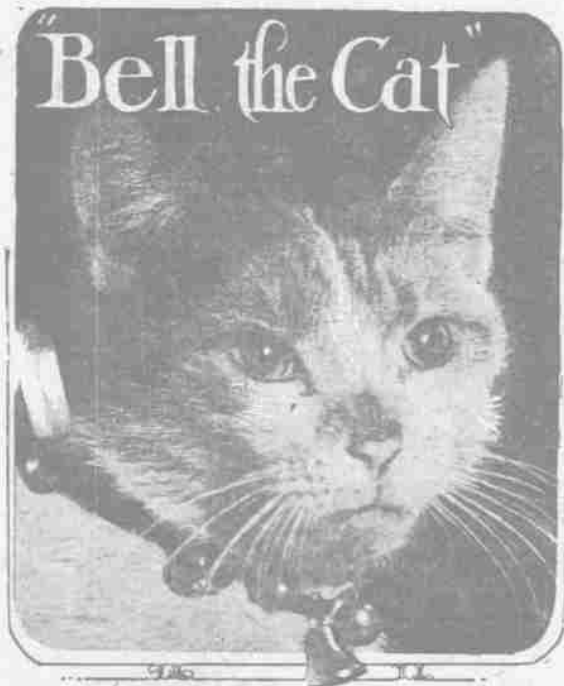
There lies the chief reason for the high cost of living. Not health, nor thrift, nor supply determines what people shall eat, but rather prejudice and fashion.

#### TODAY IN ILLINOIS HISTORY

March 20, 1849.—Cholera in Quincy. Out of eight cases, seven had proved fatal.

#### CHEESE POLENTA

For a porridge made of 1 cup of yellow cornmeal the usual allowance of  $\frac{1}{2}$  cup, or two ounces, of grated cheese. There is, however, no limit to the amount of cheese which can be added, and the addition of the cheese not only tends to make a more highly nitrogenous and nourishing dish, but also to make a dish which can be eaten without the addition of butter or cream. Like the ordinary corn meal porridge, it is often either fried in deep fat, after having been egged and crumbled, or on a greased pan.



The Chicago Humane Society has sent out a nationwide request for owners of cats to bell their pets so birds may be warned of their approach.